



Teriyaki Chicken Sandwich

Ingredients

- 4 pieces of pita bread*, halved or 1 wholemeal baguette*
- 4 leaves of lettuce
- 4 slices of tomato
- 400g of chicken breast fillet (without skin), cut into 8 pieces
- 1 tbsp of oil*

Teriyaki seasoning:

- 2 tbsp of light soy sauce*
- 1 tsp of dark soy sauce*
- 1 tbsp of honey
- 1 tbsp of corn flour

Method

- Cut chicken fillet into 8 pieces. Marinate chicken pieces with teriyaki seasoning and set aside.
- Heat a little oil in the frying pan and add chicken pieces. Pan-fry chicken pieces until golden brown on both sides.
- If using pita bread, open the pocket to fill. If using baguette, divide into four pieces and slice open to fill.
- Assemble sandwich with lettuce, tomato and cooked chicken pieces. Serve warm.

Tips:

- This is a great way to introduce wholegrain products such as wholemeal bread and wholemeal pita bread into your child's diet. Try them out with this recipe.
- Wholegrain products contain higher amounts of fibre, vitamins, minerals and antioxidants.



*Choose products with the Healthier Choice Symbol.

